

## **S1.4**

### **Healthy Bone Project**

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#### **Introduction:**

Many elderly patients with various degrees of musculoskeletal problems are in the community. They are lacking certain kind of support and the only choices are either delaying the problems when they are serious or seeking advice from doctors when the problems are sometimes minimal. The current hospital practice could not fulfill a missing link – continuous awareness of the problem and support from community.

#### **Purpose of the Project:**

Through the collaboration with the community, we aim to encourage elderly in the community to be aware about the musculoskeletal health and introduce them to the exercise programme by arranging a series of education talks and demonstration on the related exercise.

#### **Material & Methods:**

We will promote the musculoskeletal health through health talks. We will train healthy elderly volunteer from the community to demonstrate the exercise, so that they will be the trainer to train other elderly and cultivate the healthy bone concept. On the other hand, there will be voluntary medical advice sessions at regular intervals provided by HKEC O&T doctors to help to settle problems for certain clients and facilitate early detection of problems.

#### **Results:**

Around 40 voluntary healthy elderly from FSC Community Centre have been trained to cultivate the concept of healthy bone. They will participate in demonstration of exercise in health talk session. Moreover, FSC Community centre has published a booklet to introduce the healthy bone program. A series of health talk have been launched for the community.

#### **Conclusions:**

In conclusion, more people will be aware about the musculoskeletal problems and more people will participate in exercise programmes for health maintenance. Collaboration with the community may not only benefit patients but potential patients. Thus, there will be a more healthy community in future.